

2022 Dinos High School Track & Field Challenge Tentative Schedule

		Red	Gold
Date		Saturday May 7 th	Wednesday May 11 th
Start Time		9:00am – 7:00pm	4:00pm – 9:00pm
	TRACK		
		Sprint Hurdles	200m
		100m + Pent	1500m
		400m	300mH
		3000m	
		800m + Pent	
		4x100m	
	FIELD		
		ALL Girls High Jump ALL Girls Long Jump ALL Girls Pole Vault ALL Pent W/M - HJ/LJ/SP	ALL Women's Triple Jump ALL Men's Triple Jump
		ALL Men's High Jump ALL Men's Long Jump ALL Men's Pole Vault	Int Women's Shot Put Int Men's Shotput
		ALL Women's Discus Int Men's Discus	Jr & Sr Men's Discus
		ALL Men's Javelin Int Women's Javelin	Jr & Sr Women's Javelin
		Jr & Sr Men's Shot Put Jr & Sr Women's Shot Put	
Times are approximate and Final Schedule may vary depending on number of entries			

Specifications

	Distance	Hurdles	Shot Put	Discus	Javelin
Junior Girls	80m	76cm (30")	3kg	1kg	500g
Intermediate Girls	80m	76cm (30")	3kg	1kg	500g
Senior Girls	80m	84cm (33")	4kg	1kg	600g
Junior Boys	100m	84cm (33")	5kg	1.5kg	700g
Intermediate Boys	100m	84cm (33")	5kg	1.5kg	700g
Senior Boys	100m	91cm (36")	6kg	1.75kg	800g